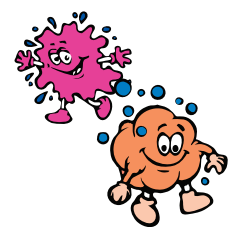




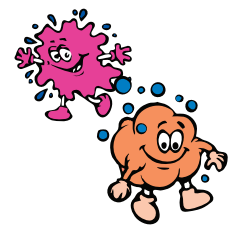
YMCA SWIM LESSONS

Preschool



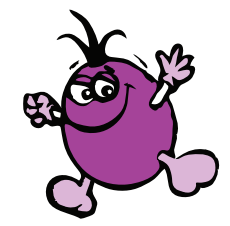
Parent and Tot 1/Splashers

Caregiver assists child to develop comfort in the water and to promote water fun through songs and games.



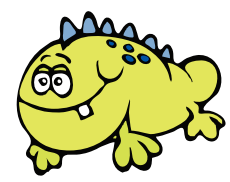
Parent and Tot 2/Bubblers

Caregiver assists child to develop comfort in the water and to promote water fun through songs and games.



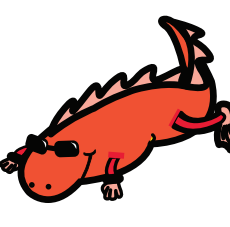
Preschool 1/Bobber

Gains comfort in the water; blows bubbles with gradual face submersion; front & back floats with assistance.



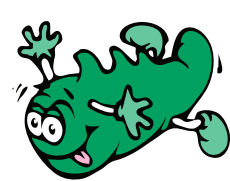
Preschool 2/Floater

Comfortable entering and exiting the pool on their own and putting their face in the water. Successfully demonstrates unassisted front and back float; swims 10m with a PFD.



Preschool 3/Glider

Floats and swims 5m unassisted in shallow water. Is comfortable beginning the transition from shallow to deep water with assistance.



Preschool 4/Diver

Comfortable in deep water with introduction to side-to-side rolls. Successfully demonstrates 10m back and front swim with leg and arm action; front and back float in deep water.



Preschool 5/Surfer

Retrieves object from deep water. Successfully demonstrates front and back swim with arm action and flutter kick 15m; kick holding buoyant aid while side breathing.



Preschool 6/Jumper

Successfully demonstrates front and back swim 25m; introduction to front and back crawl; standing dive; surface support for 45 seconds.

Learn to Swim



Otter

This level is for beginner swimmers. Can submerge: front and back glide unassisted; jumps into chest deep water from a standing position.



Seal

Introduction of side-to-side rolls; submerges for 5 seconds and recovers an object in chest deep water. Successfully demonstrates front glide with kick 2.5m; back glide with kick and arms at sides 5m.



Dolphin

Builds endurance and stamina for longer distances. Successfully demonstrates tread in deep water 45sec; front glide with kick; face in with side-breathing 15m; front and back swim with arm and leg action 15m; jumps into deep water and swim 15m.



Swimmer

Introduction to surface dives and deep water bobs. Can recover an object in water 1.5m deep; front and back kicking roll to side kicking with arm recovery from 12m-18m.

Star Program



Star 1

Successfully demonstrates front crawl initial standard; back crawl initial standard; breaststroke initial standard; tread water 2 minutes and swim on back 25m.



Star 2

Successfully demonstrates front crawl intermediate standard; back crawl intermediate standard; elementary breaststroke initial standard; endurance swim 100m.



Star 3

Successfully demonstrates back crawl intermediate standard 75m; elementary backstroke initial standard 50m; breaststroke initial standard 50m; elementary backstroke initial standard 50m.



Star 4

Successfully demonstrates elementary backstroke intermediate standard 75m; dolphin kick 25m; eggbeater forward 10m and backward 25m; swims 100m within 3 minutes.

Star Leadership



Star 5

Successfully performs non-contact rescue using buoyant aid; 5lb object support for 1 minute; 75m each of front crawl, back crawl, and breaststroke; swims 200m within 6 minutes; completes surface diving requirements.



Star 6

Successfully demonstrates front crawl, back crawl, and breaststroke, 100m each; is able to remove unconscious victim with untrained bystander; swims 300m within 9 minutes; helps teach a swim stroke/skill using E.G.G.S. method.

Swim Program Conversion Chart

Age Groups	Lifesaving Society Program	YMCA Program
0-2 years old accompanied by parent/guardian	Parent and Tot 1	Parent and Tot 1 / Splashers
	Parent and Tot 2	Parent and Tot 2 / Bubblers
	Parent and Tot 3	Parent and Tot 2 / Bubblers
3-5 years old on their own	Preschool 1	Preschool 1 / Bobber
	Preschool 1	Preschool 2 / Floater
	Preschool 2	Preschool 3 / Glider
	Preschool 3	Preschool 4 / Diver
	Preschool 4	Preschool 5 / Surfer
	Preschool 5	Preschool 6 / Jumper
6-12 years old	Swimmer 1	Otter
	Swimmer 1	Seal
	Swimmer 2	Dolphin
	Swimmer 3	Swimmer
	Swimmer 4	Star 1
	Swimmer 5	Star 2
	Swimmer 6	Star 3
	Rookie	Star 4
	Ranger	Star 5
	Star	Star 6

